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FOR MARITIMES
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HUSTLED
MAG CLAIMS IT
HAS RAUNCHY
RIHANNA VIDEO
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LONDON

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Weekend, August 26-28, 2011
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News worth sharing.

Adding up the commute

- Commutes take longer in Canada's largest cities, regardless of the distance, says Statistics Canada
- Report shows that people with shorter commutes are less stressed

Jessica Starchuk depends on buses for everything she does.

So for her, every single minute of her commute counts toward keeping appointments and — perhaps most importantly — making it to work on time.

Starchuk, 30, of London laughed Thursday when asked how well the city's public-transit commute times measure up with those in a new Statistics Canada report.

"I don't know where they pull that number out of their hat," she said about the average 46-minute trip to work for transit users in

areas similar to London.

In Starchuk's experience, getting from home — near Pond Mills and Commissioners — to downtown is likely to take about an hour.

"If the bus is on time," she said. "And that's a big if."

The information Statistics Canada released comes from the 2010 General Social Survey. Statistics for one-way commute times were crunched from the responses of 6,650 people, representing about 13.2 million workers.

Based on the responses, an analyst figured it takes Canadians 26

Commute times

Average time gaps for public transit vs. car commutes:

- National: 20 minutes
- Large metropolitan areas: 17 minutes
- Mid-sized metropolitan areas (like London): 23 minutes

minutes on average to get to work, regardless of how they travel. The longest average time — 30 minutes — is in big cities, such as Toronto

and Montreal. Metropolitan areas with 250,000 but less than one million people — like London — have average commute times of 25 minutes. Those times get longer when only people who take public transit are considered.

The average public-transit commute for people nationwide is 44 minutes, according to the Statistics Canada report. It's the same in major metropolitan areas but increases to 46 minutes for areas like London.

While only 23 per cent of Canadians who use buses and other

forms of public transportation checked in as dissatisfied with their commute times, several Londoners told a different story Thursday.

Buses in the city are frustrating and sluggish, they said, largely because of outdated routes and buses that are either ahead of or behind schedule.

Larry Ducharme, general manager of the London Transit Commission, said there's only so much his agency can control, noting construction, traffic congestion and weather all take a toll on schedules.

● ANGELA MULLINS

Summer. Stretching



► About 25 people take time for a yoga break Thursday afternoon in Victoria Park.

Lunchtime yoga gets some grassroots attendance

The weekly noon yoga group is organized by the Lululemon Athletica store at Masonville Place mall.

The sessions will continue until cold weather sets in. For details and to find out about other Lululemon classes, visit lululemonathletica.com or facebook.com/lululemonathletica.

ANGELA MULLINS/METRO



Top tips for securing scholarships to pay that hefty tuition bill. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Prime Minister Stephen Harper says he's pleased by the outpouring of emotion for Jack Layton. Video at metronews.ca

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Make like Loren — go Italian

► The 10th annual Festa Italiana takes place at Covent Garden Market from Friday to Sunday



MIKE ARSENAULT
LONDON@METRONEWS.CA

The Covent Garden Market will be awash in red, green and white this weekend as the Festa Italiana — a taste of Italy in downtown London — marks a decade of celebrating Italian culture.

"We hope to share everything that's Italian," said Angela Greco Wilson, event co-ordinator.

"Food, music — just that wholesome family atmosphere that is downtown this time of year."

"We believe that bringing people to the downtown year after year, making them feel comfortable and welcome is very important to the revitalization of the downtown."

ANGELA GRECO WILSON, FESTA ITALIANA EVENT CO-ORDINATOR

There are a multitude of events and activities scheduled throughout the weekend.

Many of them will take on special significance in commemoration of the 150th anniversary of the unification of Italy.

"On Saturday after-

Ciao, bella

- The festival will be open from 11 a.m. to 11 p.m. all weekend long.
- There will be three main musical acts performing each night: Laura Palumbo, Charles Di Raimondo, and Victoria Gyodov.
- For more information on the events schedule visit festaitaliana.ca.

noon, there is a lecture upstairs (in the market) by a Western professor, Luca Poccia, on the unification of Italy," Wilson said.

Fun and audience participation will also be paramount.

"There's a Sophia Loren look-alike contest and a Silvio Berlusconi look-alike contest," Wilson said. "There will be cooking demonstrations, cake and watermelon-eating contests."

While there is no cost for admission, Wilson says monetary donations will be accepted all weekend to support the Italian Seniors' Project.

"It's affordable seniors' housing (that) will be located at 1109 Hamilton Rd.," she said.

"We've been trying to do this for 10 years and finally we've arrived — getting seed funds for this and fundraising."



► Event co-ordinator Angela Greco Wilson poses at the Covent Garden Market as the Festa Italiana is set up behind her.

Get your MultiKulti on

More than 10 cultural communities will unite at Victoria Park for MultiKulti Carnival on Saturday.

"Imagine going to Mexico, Sudan, Antigua and Korea in one day," said co-organizer Silence Genti. "That's what will be happening at Victoria Park on Saturday."

Billed as "Around the world in 10 hours," the carnival will bring together London's diverse cultures as expressed through mu-

sic, food, dance, fine arts and crafts.

"London is a great city with so much diversity. Sometimes we don't see that," said Genti. "MultiKulti provides a single platform for different communities to share their cultures."

Performances kick off at Victoria Park at noon. A Chinese lion dance troupe, the Mexican band El Mariachi, and steel pan band Golden Harps are among

the groups scheduled to perform.

For more information, visit multikulti.ca.

► METRO

Parade out

- The parade portion of the MultiKulti — scheduled for Wellington and Dundas streets — was cancelled earlier due to logistical issues.

News in brief

3M Canada gem of an employer

WORKPLACE AWARD. 3M Canada has been named one of the 50 Most Engaged Workplaces in Canada by U.S.-based human resources company I Love Rewards.

3M Canada's head office and original manufacturing site are in London, where about half of

the company's 1,800 employees work. ► METRO

Wish granted

MAKE-A-WISH. London's Jerry Hartman raised more than \$42,000, and as a result Tyler McGregor's wish is the 900th granted by the Southwestern Ontario Make-A-Wish Foundation. McGregor, a 17-year-old from Forest, will be travelling with his family to Maui, Hawaii. To learn more, visit swo.makeawish.ca.

► METRO

No, that's not Joe tweeting

► Many Londoners on Twitter point out it's not the mayor ► @MayorFontana features link to London.ca



There's a fake Fontana making the rounds on Twitter.

Someone claiming to be Mayor Joe Fontana has posted nearly 30 tweets since Tuesday under the username @MayorFontana.

Elaine Gamble, the city's director of corporate communications, said the imposter has been reported to Twitter, and she hoped the issue would be addressed by the end of Thursday.

The person claiming to be His Worship uses a pic-

METRO FILE



► Mayor Joe Fontana

ture of the mayor and has sent messages about numerous topics, including

some criticizing the London Transit Commission. It's obvious that the wannabe is breaching Twitter's terms and conditions, said Andrew Schiestel, chief digital strategist at TBK Creative, a digital-marketing and social-media firm in London.

"Anyone can do it, but it won't stay around long if the rightful person who owns the trademark ends up contacting the (social-media) network (involved)," Schiestel said.

Gamble said Fontana doesn't have a Twitter account. However, he does use Facebook so he can stay connected with Londoners.

GUN FIGHT

Woman shot was bystander: Police

London police say a 19-year-old woman, shot Thursday morning in downtown London, was

an innocent bystander.

The unidentified victim was recovering in hospital from non-life-threatening injuries.

Police say the young woman was in the patio area at a bar on Richmond Row near Kent Street just before 2 a.m. Thursday when several men got into an argument.

One of the men pulled a gun and fired off several shots into the patio area,

striking the woman in the back. Police say they believe the victim was an innocent bystander and had nothing to do with the argument.

No arrests have been made.

Anyone with information is asked to contact police (519-661-5670) or Crime Stoppers (1-800-222-8477), londoncrimestoppers.com. AM980/AM980.CA

Students getting Footloose

From noon to 1 p.m. Friday, participants in the Grand Theatre's high school project, Footloose, will be dressed in '80s gear and cutting loose down Richmond Street.

The group will start at the Grand and travel up to Pall Mall Street and back, with a stop at Victoria Park.

If you've got to cut loose — Footloose — feel free to join them.

Footloose runs at Grand from Sept. 20 to Oct. 1. For tickets, visit grandtheatre.com or call 519-672-8800. ● METRO

Age task force seeks members

London is looking for residents to join a task force that will create a plan to make London more "age friendly."

If you're looking ahead to retirement, an older adult or someone with an aging parent, it could be for you.

To participate, call Kim Scott by Friday at 519-661-2500 ext. 5739, or email her at kscott@london.ca. The task force will meet from September 2011 to June 2012 to develop a three-year action plan.

● METRO

Rally time for ballpark contest

Mayor Joe Fontana has stepped up to the plate to implore Londoners to vote for Labatt Park in the final round of Canada's Favourite Ballpark contest.

"Team London can hit this one right out of the park," he said. "We just need to do it."

People can vote for Labatt Park by visiting baseball.ca until Sept. 6.

The winner will be announced by Baseball Canada on Sept. 7. Only one vote per computer.

● METRO

Boy. Biker



► Kyan Scott bikes over the concrete bumps at the Barracks Skateboard Park on Elizabeth Street on Thursday morning.

MIKE ARSENAULT/FOR METRO

Look, ma! No training wheels

Kyan just had his training wheels removed from his bike last week. Thursday was his first time at the skate park on two wheels. Soon he will be biking around like a future BMX pro. He will be attending Wilfrid Jury Public School in the fall.



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Irene: Nice name, wicked storm

► Bahamas homes flattened ► U.S. east bracing for weekend misery

Powerful hurricane Irene destroyed hundreds of homes on small Bahamian islands Thursday as it tore toward the U.S. East Coast.

Irene's projected path has it bringing misery to Washington, New York and Boston.

Hurricane watches were issued from North Carolina to New Jersey.

The former chief of the National Hurricane Center feared the worst.

"One of my greatest nightmares was having a major hurricane go up the whole Northeast Coast," said Max Mayfield, the centre's retired director.

He said the damage will probably climb into billions of dollars: "This is going to have an impact on the U.S. economy."

It is a massive storm, about the same size as Kat-

Beware, Canada



- Hurricane Irene is expected to track through New England or the Maritime provinces late this weekend and into Monday.
- The Halifax-based Canadian Hurricane Centre says it's still too early to say what kind of impact it could have on Eastern Canada.

rina, which devastated New Orleans in 2005.

"It's not going to be a Katrina, but it's serious," said MIT meteorology professor Kerry Emanuel.

THE ASSOCIATED PRESS



► A man walks along the waterfront as hurricane Irene pounds New Providence Island in the Bahamas on Thursday.

LYNNE SLADKY/THE ASSOCIATED PRESS

Hero Jack heads down Highway of Heroes

It was Jack Layton's last ride home.

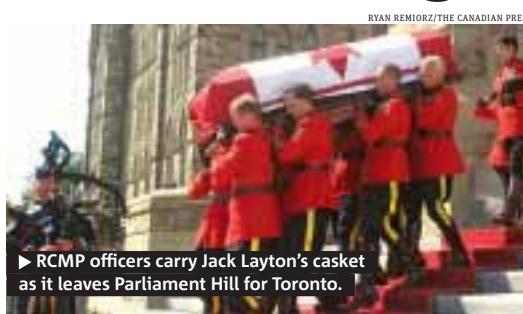
The late NDP leader's casket was being driven along the Highway of Heroes — also travelled by Canadian soldiers killed in Afghanistan — to Toronto on Thursday night.

Earlier, 15-gun salute had crashed over Parliament Hill as Mounties carried the casket to a

waiting hearse.

A lone piper played as eight scarlet-clad officers carried the casket down the hallway from the foyer of the House of Commons to the door under the Peace Tower and out into the August sunshine.

The bells of the tower carillon pealed out O Canada, John Lennon's evocative Imagine and



► RCMP officers carry Jack Layton's casket as it leaves Parliament Hill for Toronto.

RYAN REMIORZ/THE CANADIAN PRESS

finally, The Dominion March, a piece composed by Layton's grandfather.

Waves of applause ran through a crowd of several hundred.

The casket is to lie at Toronto City Hall for people to pay their last respects before the state funeral at Roy Thomson Hall on Saturday.

THE CANADIAN PRESS

Orange Falls

- After pleas in phone calls, emails and on Facebook, Niagara Falls will join the CN Tower in going orange Saturday night in honour of Layton.
- The CN Tower will be lit in orange from sundown Saturday until sunrise Sunday, officials say.

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Prank goes wrong at bikers' bunker

Just because the Hells Angels aren't home doesn't mean no one is minding the bunker.

Two Quebec men, acting on a dare, triggered an alarm at a fortified bunker in Sherbrooke.

Police were monitoring the bunker's video surveillance system and the men were found inside.

Police say the men, aged 18 and 22, were apparently

coaxed by friends into entering the sprawling complex, complete with a pool.

The building is still owned by the bikers but has been empty since 2009 when alleged gang members were swept up in a police operation.

The Quebec government has begun legal procedures to seize the building.

THE CANADIAN PRESS

Married bliss ends in jail

A Pennsylvania newlywed couple are behind bars after they were caught shoplifting food from a supermarket for their wedding reception, police say.

Reports say the pair were arrested after taking more than \$1,000 worth of goods.

THE ASSOCIATED PRESS

Pressure on Cook to keep Apple churning

► CEO's resignation appears to be due to medical condition ► Jobs' successor, Tim Cook, has been running the company since January



With Steve Jobs bowing out as CEO, Apple Inc. must persuade investors and consumers that it doesn't need the force behind the iMac, iPod, iPhone and iPad in charge to keep the technology hits coming.

Tim Cook, his hand-picked successor, has handled the top job repeatedly in the absence of the ailing Jobs, 56, who resigned as chief executive Wednesday and was elected chairman of Apple's board. Cook had been running Apple since January. The company's stock rose 62 per cent when Cook was in charge in the first half of 2009, and it gained 8 per cent since Jobs' most recent leave.

On Thursday, Apple's stock fell \$4.03, or about 1 per cent, to \$372.16 in mid-day trading, but the entire market was down as well.

Jeff Gamet, managing editor of Apple-focused news site The Mac Observer, said Jobs' departure has more sentimental than practical significance.

"All Apple really has done is made official what they've been doing administratively for a while now,"

he said.

But Trip Chowdhry, an analyst with Global Equities Research, said Jobs' maniacal attention to detail is what has set Apple apart. He predicted that the company will eventually struggle to come up with market-changing ideas.

"Apple is Steve Jobs, Steve Jobs is Apple, and Steve Jobs is innovation," Chowdhry said. "Apple without Steve Jobs is nothing." **THE ASSOCIATED PRESS**

Market moment

TSX	Dollar
- 59.5 (12,284.31)	- 0.02¢ (101.34¢ US)
Oil	Natural gas
	1,000 cu ft \$3.931 US (+ 0.9¢)
Gold	\$1,763.20 US (+ \$5.90)

Jobs seduced the geeks, then masses

It's easy to forget now, but Apple's magnetism was once confined to a cult-like following of geeks seduced by the elegance and simplicity of the company's computers.

Over the past decade, Apple has emerged as a trendsetter and a wealth-making machine — a company that appeals to the cool cats in cafés and the fat cats on Wall Street.

Apple has left an indelible mark that extends far beyond that first personal computer Steve Jobs and Steve Wozniak introduced 35 years ago. Apple has transformed the music, retailing, marketing and cellphone industries. Now, it's engineering another evolution with the iPad tablet.

Those achievements have endeared Apple to the masses, turning its product announcements into latter-

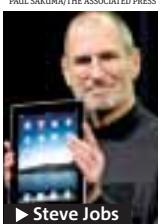
day versions of Beatles concerts and its logo into a sign of exquisite taste.

Jobs assembled a team that had a knack for anticipating consumer trends and popularizing them by designing devices that were easy — and delightful — to use. Jobs' wizardry rescued a company on the precipice of bankruptcy and elevated it into the second most valuable business in America. It now has a market value of nearly \$350 billion, behind Exxon Mobil Corp.

The last test of Jobs' genius may come as he tries to pass on his touch to Tim Cook.

Still, it's hard not to shake the feeling that this may be the beginning of the end of an era — for technological zealots and nervous investors alike.

THE ASSOCIATED PRESS



Apple's loss won't help RIM?

The resignation of Apple CEO Steve Jobs won't provide Research In Motion with the opportunity it needs to recover market share that its BlackBerry devices lost to the iPhone and iPad, analysts say.

They say RIM's best hope is to deliver new, consumer-friendly BlackBerry smartphones on time and without problems.

Apple is working on a new iPhone. Any effect of Jobs' departure won't be seen until 2013, says Sascha Segan of PC Magazine.

"One thing that Apple understands that RIM hasn't understood recently is: you never get a second chance to make a first impression," she said.

THE CANADIAN PRESS

RIM TUNES

BBM music to swap and share

Research in Motion is hoping its millions of BlackBerry Messenger-obsessed users will get just as hooked on its new service, BBM Music, and pay

\$5 a month to swap songs and share music.

The program, announced Thursday, allows BlackBerry users to select 50 songs from a catalogue of millions. Songs can be listened to offline without an Internet connection. The key is not only in listening to the songs but sharing them with other BBM users.

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PAUL SULLIVAN
METRO



So much is happening this week, I may have to drop Kim Kardashian's wedding. **Goodbye, Mr. Layton:** Jack leaves Parliament Hill one last time, not before leaving us with some words to live by: "My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world." You know, it just could work.

2 Goodbye, Mr. Jobs: The world's foremost gizmologist, Apple CEO Steve Jobs, submits his letter of resignation. Not sure if he sent it in via his iPhone, iPad, iPod or iMac. Other people get kicked upstairs; Steve ascends into the Cloud.

3 Goodbye, Mr. Gadhafi: Sense a theme here? Libyan totalitarian nutbar Moammar Gadhafi slips away from his compound and heads for the tunnels where he is still able to broadcast stirring messages to his followers (the few who aren't dead yet), exhorting them not to leave Tripoli to the "rats." He should talk.

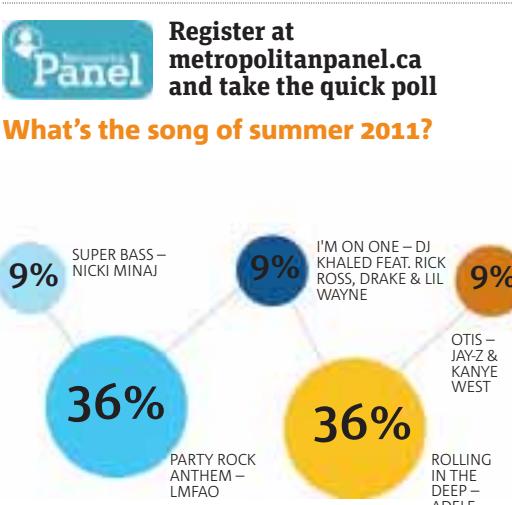
4 Goodbye, Mr. Robertson: CTV's Lloyd Robertson, the dean of Canadian news anchors, retires Sept. 1. It's the end of TV news as we know it, but he can't stay up that late any more.

5 Goodbye, Sidney?: A lot of disturbing rumours are swirling around hockey superstar Sidney Crosby, still recovering from the effects of a pair of nasty concussions suffered last season. Some people worry that he'll never play again. Aw, it's all in his head.

6 Hello, Lady Gaga: The alien pop star passes Oprah as Forbes' most powerful female celebrity, but she's still only No. 11 on the big list, trailing the likes of No. 1 Angela Merkel (chancellor of Germany), No. 2 Hillary Clinton (U.S. secretary of state) and Charlotte Empey (my editor).

7 Welcome back, Carrie: Carrie Fisher, Princess Leia to a generation of smitten Stars Wars nerds, loses 50 pounds on Jenny Craig and vows to get back into that bikini she was forced to wear by Jabba the Hutt in Return of the Jedi. Now, if we could only get Jabba on Jenny Craig.

8 Look Out: It's Margaret Atwood! Somehow the mayor of Toronto and his bro (Rob and Doug, eh?) have made an enemy of Margaret Atwood. Doug wants to know: Who's Margaret Atwood? Just the world-famous author of 40 books, winner of the Booker Prize, whose writing the New York Times calls "chillingly brilliant." She has teamed up with eight other writers to launch the Why My Library Matters to Me contest. And she's steamed that you're trying to close libraries. You think Moammar Gadhafi has trouble?



Letters

TRANSIT. I read with interest your comments about the great job LTC is doing.

Tell that to the folks who live in Pond Mills and depend on the 16A Adelaide bus at 6:27 a.m. to get them to work.

At least once a week this bus does not show up (because of a split route, we have 30-minute service in rush hours), and this week it did not show up Wednesday or Thursday.

LTC's response: "Sorry, the bus driver did not know the route." The mayor's office response (remember he campaigned on better transit): "Not much we can do. I can call the LTC on your behalf."

The residents of London expect service that runs on time and on schedule — not what we have, which is buses that do not run to schedule (LTC says we are on schedule if we are within five minutes of the time of arrival either way), and that, more importantly, do not make proper connections.

JOHN COLLING
LONDON

Cartoon by Michael de Adder



WEIRD NEWS

Survival of the strongest stomach

Eskil Carlsson invited his neighbours this week for a taste of the 71-year-old brisket stored in a jar by his mother-in-law's family at the start of the Second World War.

But first, he tried it out on the cat. "When it survived, we all had a taste," Carlsson told Swedish media.

Gingerly, though, as the 70-year-old Carlsson shows in a video of him

and his neighbours wrestling with the still well-sealed glass jar, then fishing out fragments of meat.

"It didn't smell bad, anyway. It was as if it had been meat from this week. I shouldn't exaggerate, though; it was no delicacy," he told The Local, an English-language Swedish news report.

The cat didn't look impressed, either.

Nor was Martin Bucknavage, a Penn State University food-safety professor.

"Would I eat it? Probably not. But the nice thing about low-acid canned food is it can last for years and years. Certainly you can tell the vacuum seal was still there."

TORSTAR NEWS SERVICE

Plot synopsis

► Paul Rudd plays Ned, a Mr. Nice Guy unsuited for life outside of his organic farm. When he innocently sells marijuana to a uniformed policeman he is thrown in jail. Unfortunately in his absence his hippie girlfriend found a new boyfriend. His three sisters (Elizabeth Banks, Zooey Deschanel and Emily Mortimer) take turns housing him, but in each case his willingness to believe the best in people causes chaos.

► Ratings:
Richard:  1/2
Mark:  1/2

Reel Guys

RICHARD CROUSE & MARK BRESLIN

SCENE@METRONEWS.CA



Idiot Bro a smarty-pants

► Our Idiot Brother is a fun indie comedy that takes a jab at the neo-hippie movement ► Strong cast buoys a flimsy movie to make for a fun 90 minutes

Richard: Mark, Our Idiot Brother is a low key indie comedy with a much different feel from the movies that made Rudd famous. His Apatow years have been spent doing broad comedy in movies like The 40 Year Old Virgin, but this is more character based — and less funny. There are laughs here, but instead of going for the jokes Rudd is concentrating on playing the character and allowing the humour to flow naturally from him and the situations. Did that work for you?

Mark: Most definitely! I was worried — based on the title, the poster, the trailer, and the Apatow

DNA — that this would be nothing but silly slapstick. But it turned out to be a nicely tuned comedy of manners about the clash between bourgeois and counterculture values. The irony of the title is that the Rudd character is anything but an idiot. Like the '80s movie Down and Out in Beverly Hills, the hippie outsider upsets the domesticity of those around him, but somehow improves everyone's lives in the process. Rudd is great, and so is the rest of the cast, don't you think?

RC: I thought so too. Banks, Deschanel and Mortimer each bring a different flavour to their roles as

the sisters. Banks is a driven writer with sketchy ethics, Deschanel a free-ish spirit with commitment issues while Mortimer plays a mousy mom. They all stand in stark contrast to the innocence of their brother but their presence buoys, and gives heart to, the film's family first message.

MB: One thing I really liked about the film is that it completely nailed the Hudson Valley neo-hippie movement in all its charm and hypocrisy. It's a subculture ripe for satirizing, but it hasn't been done much until now, so it felt fresh. Deschanel's weird bohemian lifestyle also felt original and con-

tributed to the indie feel of the film. But I have to admit, as much as I enjoyed watching it, it's a flimsy movie and it didn't stay with me.

RC: I sort of agree. I think it's a likeable comedy elevated by a strong cast who bring empathy to characters who, in less experienced hands, might not have had any.

MB: Only the last 10 minutes felt rushed, with characters changing their motivation for no discernible reason at all. It felt like some scenes had been edited out. But overall, it was a good way to spend 90 minutes in the dark.

2
scene

Scene in brief



Donnie and Mark Wahlberg have licensed the name of a hamburger from a western New York chain of restaurants and plan to use the name for their new eatery. Executives with Tom Wahl's tell the Democrat and Chronicle that the brothers from Boston have licensed the Wahlburger name from the company.

THE ASSOCIATED PRESS



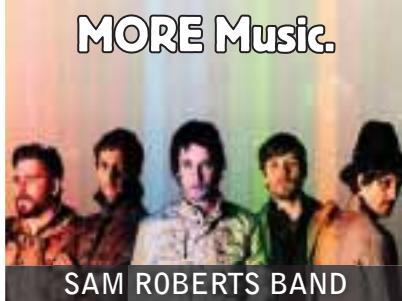
Whoopi Goldberg adopts rescued kitten tossed from car on NYC bridge.

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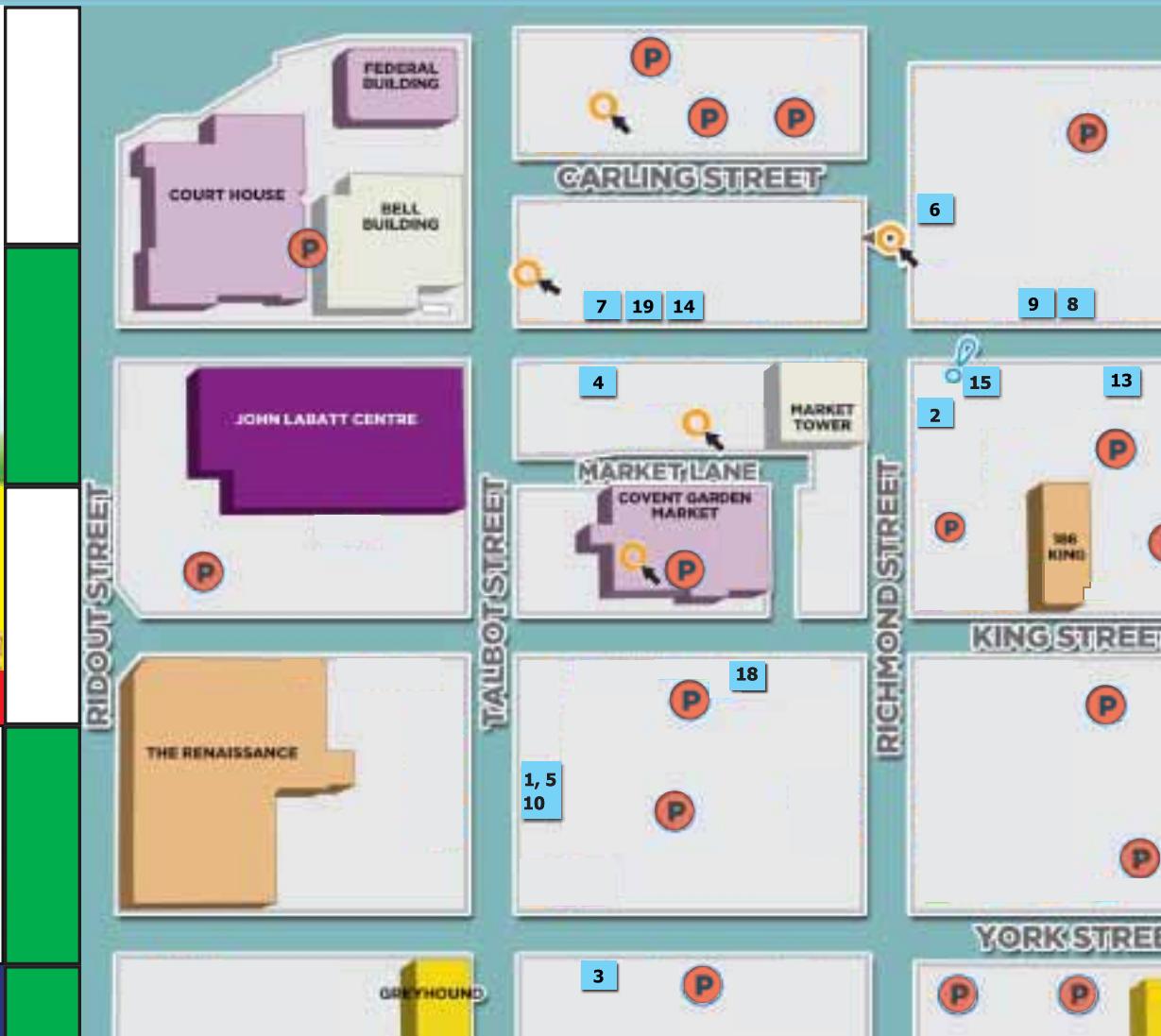
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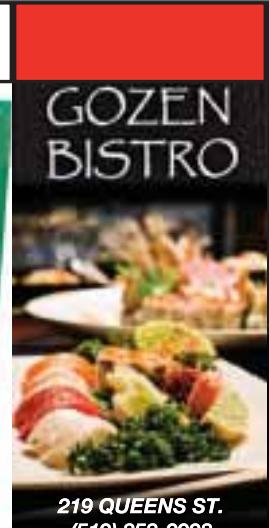


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Saldana: skinny girl with big guns

► Colombiana star thrives on action and adventure



Zoe Saldana knows her guns. "I'm a .45 myself. A .22 is too wimpy for me," says the actress, who plays a skilled assassin in *Colombiana*. "I like the .9. It's something that I can manoeuvre, and because I have very small wrists it's a weight that I can sustain and the impact won't hurt me in my joints."

Saldana insists she's no gun nut. This expertise comes from Hollywood, after starring in a number of firearm-heavy titles like *The Losers* and *Vantage Point*.

No down time

► So how does Zoe Saldana relax after a tough day of butt-kicking and gunplay on set? "Wine is perfect to unwind. Just a glass of wine, a bath and just... I don't know," she says. But the fact of the matter is the actress doesn't do a whole lot of relaxing. "I wish I could sugarcoat it for you, but when I'm working, I'm working. So yeah, I'll have a glass of wine and go out and have dinner with the cast and crew, but before I go to bed I'm reading those lines for the next day. I'm up 30 minutes before I have to get picked up... and I'm on that treadmill because I want to make sure that I'm healthy and aware — naturally. I don't drink caffeine."

Colombiana, though, trumps them all in sheer firepower. But her character, Cataleya, is just as deadly without a gun in her hand — something Salданa says isn't so strange but still catches men off-guard. "I've been trained by people that were in the military, Marines, from Avatar to the Losers and now Colombiana, and they don't see gender when they see a threat across from them. They see a threat," she says. "So I would say watch out. Any-

A promotional still from the movie Colombiana. Zoe Saldana is shown from the waist up, standing in a doorway. She is wearing a white tank top and dark pants, and is holding a rifle. She has a serious expression. The background shows a stone wall and a doorway. A circular graphic in the top right corner contains the text "Colombiana opens Friday".

time you see a skinny girl and she's had any kind of military training, just don't blink. She could f---ing kill you."

names that was on my bucket list — especially for the iconic femme fatale characters that he's created, because they're strong on the exterior but they're so fragile and broke on the inside," she says. "There were [other] offers, but Luc Besson took priority." Already a fan of strong

Already a fan of strong

Besson women in films like *La Femme Nikita* and *the Fifth Element*, Saldana looked elsewhere for research that might inform Cataleya, including the *Girl with the Dragon Tattoo*. But mostly she just watched TV a bunch. "I was watching a lot of animal behaviour because to me whenever she wasn't playing any of her roles to kill her targets ... she was such an omega wolf," she says.

Movie reviews See it twice | See it now

Worth watching | **Yawn** | **Don't bother**



Don't Be Afraid of the Dark

Don't Be Afraid

Genre: Horror

Stars: Katie Holmes, Guy

Page

Don't be Afraid of the Dark, a reimagining of a scary 1973 TV movie of the same name, and produced by shock maestro

Guillermo del Toro, sees a young girl attract the attention of mysterious creepy-crawlies with a taste for preteens. The movie's opening hour is chock-a-block with atmosphere and the hallmarks of gothic horror — like a groundskeeper who knows more than he is

letting on, mysterious voices and hidden chambers — but is light on action. It all leads to a satisfying climax, however, featuring swarms of cool creatures and enough ferocious fun to make the slow start worthwhile.

● RICHARD CROUSE

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 26 TO THURS., SEPT. 1. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

LONDON

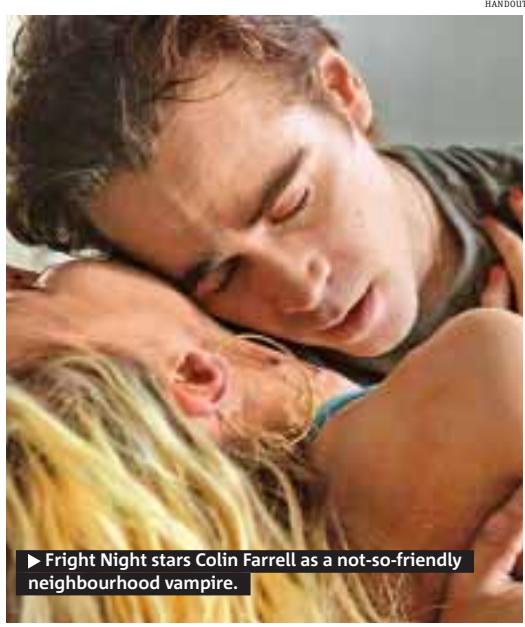
Mustang Drive-In -London
2551 Wilton Grove Rd.,
519-644-1160
Crazy, Stupid, Love. (PG) Fri-Thu 12:25
Don't Be Afraid of the Dark (14A)
Fri-Thu 10:05
Fright Night (STC) Fri-Thu 10:30
Our Idiot Brother (14A) Fri-Thu 8:30
Rise of the Planet of the Apes (PG)
Fri-Thu 8:35

Hyland Cinema
240 Wharncliffe Road
South, 519-913-0313
Blazing Saddles (STC) Fri 11
The First Grader (PG) Fri 12:45 Sat 1
Sun 3 Mon 1 Tue 12:45 Wed 9:15 Thu 5
Little White Lies (STC) Fri 4:30 Sat-Mon
9 Tue 4:30 Wed 6:30 Thu 9
Midnight in Paris (PG) Fri 7:15 Sat 5
Sun 7 Mon 5 Tue 9:05 Wed 2:50 Thu 1:30
The Tree (STC) Fri 2:40-9 Sat 3:7 Sun 1:30
Mon 3 Tue 2:40-7:15 Wed 1:45-3:30

Rainbow Cinemas London
355 Wellington St.,
519-434-3073
30 Minutes or Less (14A) Fri-Thu 9:45
Colombiana (14A) Fri-Thu 1:30-7:30
Don't Be Afraid of the Dark (14A)
Fri-Thu 1:15-3:50-7:15-9:45
Fright Night (STC) Fri-Thu 1:10-3:40-
7:10-9:25
The Help (PG) Fri-Thu 12:55-3:45-6:50-
9:35
Rise of the Planet of the Apes (PG)
Fri-Thu 1:20-3:55-7:05-9:40
The Smurfs (G) Fri-Thu 1:05-3:25-7:20
*Spy Kids: All the Time in the
World in 4D* (PG) Fri-Thu 1:25-3:35-6:55-
8:55

Western Film
Room 340, UCC Building
Cars 2 (G) Sat-Sun 1:45-4:15
The Tree of Life (PG) Fri-Thu 7
Wellington 8 Cinemas
983 Wellington Rd. S, 519-
685-2529
30 Minutes or Less (14A) Fri-Thu 9:15
Colombiana (14A) Fri-Thu 1:10-3:50-
7:45
Conan the Barbarian (3D) (18A) Fri-Thu
1:30-4:15-7:10-9:50
Don't Be Afraid of the Dark (14A)
Fri-Thu 1:45-4:20-7:20-9:55
Fright Night 3D (STC) Fri-Thu 1:40-4:10-
6:45-9:40
One Day (PG) Fri-Thu 1:20-4:6:50-9:30
Our Idiot Brother (14A) Fri-Thu 1:50-

4:25-7:15-9:35
Rise of the Planet of the Apes (PG)
Fri-Thu 1:15-3:45-6:30-9:20
The Smurfs (G) Fri-Thu 1:30-4:00-6:40
Cineplex Odeon
Westmount & VIP
Cinemas
755 Wonderland Road
South, 519-474-2796
30 Minutes or Less (14A) Fri-Thu 1:40-
4:40-7:25-9:40
Conan the Barbarian 3D (18A) Fri-Thu
1:10-4:10-7:10-9:55 Fri-Thu 2:05-4:45-7:30-
10:05
Crazy, Stupid, Love. (PG) Fri-Thu 1:4-
6:40-9:30 Wed 4:40-9:30 Thu 1:4-6:40-
9:30 Fri-Sat 1:40-4:20-7:9:40 Sun
4:20-7:9:40 Mon-Thu 1:40-4:20-7:9:40 Star
& Strollers Screening Wed 1
Final Destination 5 3D (STC) Fri-Thu
9:50
*Harry Potter and the Deathly Hallows:
Part 2* 3D (PG) Fri-Thu 12:50-
3:50-6:50
The Help (PG) Fri-Thu 12:25-3:40-7:10-15
Horrible Bosses (14A) Fri-Thu 1:30-
4:30-7:30-10:10
*M*A*S*H* (STC) Sun 1
Rise of the Planet of the Apes (PG)
Fri-Thu 1:20-4:20-7:20-10:05 Fri-Thu 1:15-
3:55-6:30-9:15
*Spy Kids: All the Time in the
World in 4D* (3D) (PG) Fri-Thu 12:40-
3:30-6:30-9
SilverCity London
**1680 Richmond St, 519-
673-4125**
30 Minutes or Less (14A) Fri-Thu 1:35-
4:30-7:30-10:10
Colombiana (14A) No Passes Fri-Thu 1-
3:40-6:40-10
Conan the Barbarian 3D (18A) Fri-Thu
1:10-4:10-7:05-10:15
Crazy, Stupid, Love. (PG) Fri-Mon
12:55-4:25-7:25-10:25 Tue 12:55-3:45-10:25
Wed-Thu 12:55-4:25-7:25-10:25
Don't Be Afraid of the Dark (14A)
Fri-Thu 1:20-4:15-7:20-10:05
Fright Night 3D (STC) Fri-Thu 1:15-4-
6:35-9:20
*Harry Potter and the Deathly Hallows:
Part 2* 3D (PG) Fri-Thu 1:30-50-
6:50-9:40
The Help (PG) Fri-Thu 12:50-4:7-10:10-20
Horrible Bosses (14A) Fri-Thu 1:40-
4:20-7:10
One Day (PG) Fri-Thu 9:30
Our Idiot Brother (14A) Fri-Tue 1:15-
3:55-6:45-9:50 Wed 3:55-6:45-9:50 Thu
1:15-3:55-6:45-9:50 Star & Strollers Screenings
Wed 1
*Red Hot Chili Peppers Live: I'm
With You* (STC) Tue 7
Rise of the Planet of the Apes (PG)
Fri-Thu 1:30-4-6:55-9:45
The Smurfs (G) Fri-Thu 1:25-3:55-6:30-9



Is J.Lo's ex at the root of Smiths' problems?

► Jada Pinkett had affair with HawthoRNe co-star Marc Anthony: Rumours

Rumours are swirling that turmoil in Will Smith and Jada Pinkett Smith's marriage is over Jada allegedly having an affair with her HawthoRNe co-star, Marc Anthony — both on screen and off, according to *In Touch*.

"There was a lot of Jada wanting to have love scenes with Marc Anthony," a source close to the production says.

"She definitely pushed for a story line that had Marc Anthony as a love interest. Never made sense to the network, but Jada pushed and they stopped pushing back."

Will and Jada have been quick to deny any reports of infidelity or separation.

● METRO



Cole world: Is there a Rihanna sex tape?

Hustler magazine claims they've got a video Rihanna doesn't want anyone to see.

"Hustler are in possession of the Rihanna and (rapper) J. Cole tape," a

spokesperson tells Radar Online.

"We have seen it and we do not know what we are going to do with it yet."

But the singer herself is reportedly pleading ignorance as to what they're talking about.

"Rihanna is surprised, because there is no sex tape," a source says.

● METRO



Paris' show gets axed: Report

While reps for the show insist no decision has been made, the Oxygen network is reportedly dumping Paris Hilton's series, *The World According to Paris*, after one season, according to *Vulture*.

The show's first episode in June only brought in 400,000 viewers, and the numbers dropped off after that. While she's been posting to Twitter regularly about her social life, Hilton hasn't addressed the cancellation rumours.

● METRO



3

life

Veggie stock



To stock your kitchen with the very best fruits and veggies follow these tips, courtesy of Chef Tom Filippou, executive chef and national director of the President's Choice Cooking Schools.

- Choose firm apples, free of bruises and wrinkles.
- Select heavy beetroots with smooth, vibrantly coloured skin and firm, green leaves.
- Look for firm, crisp carrots with smooth, blemish-free exteriors. Be wary of deep green shoulders just below the top. They indicate bitterness.
- Winter squash is best kept in dark and cool places.



NEWS CANADA/PCCA

► No matter how you pronounce its name, this fruit (yes, it's technically a fruit) is a great addition to any meal ► Try these 3-step tomato fritters

You say delicious, I say tomato

MATTHEW MEAD/ THE ASSOCIATED PRESS



Start to finish:
30 mins.
Serves:
6

Any way you slice it, the tomato is one confusing comestible. There's the whole identity crisis thing — is it a fruit or a vegetable? — and don't get us started on the tuh-MAY-to, tuh-MAH-to thing. It's enough to drive anyone ba-NAY-nas.

Here are two common misconceptions.

Fruit or vegetable?
Botanically speaking the tomato is a fruit, but horti-

culturally and legally it is considered a vegetable.

Toxic tomatoes?

Tomatoes are part of the nightshade family, just like peppers and eggplants, which led some in the past to believe the fruit is poisonous. However, as we now know, tomatoes are harmless. And delicious

Tomato Confetti Fritters

Preparation:

- 1 In a large deep pot over medium-high, heat oil to 160 C (320 F).
- 2 In a bowl, mix mayo, Old Bay seasoning, hot sauce and lemon juice. Set aside.
- 3 Drain excess liquid from tomatoes and transfer to a bowl. Stir with eggs, scallions, mint, parsley, cornmeal, flour, baking

Ingredients:

- 1 l (4 cups) canola oil
- 125 ml (1/2 cup) mayo
- 2 ml (1/2 tsp) Old Bay seasoning
- 15 ml (1 tbsp) hot sauce
- 15 ml (1 tbsp) lemon juice
- 2 large red tomatoes, seeded and diced (about 500 ml/2 cups)
- 2 large green tomatoes, diced (about 500 ml/2 cups)
- 2 eggs, beaten
- 2 scallions, chopped
- 15 ml (1 tbsp) chopped fresh mint
- 50 ml (1/4 cup) chopped fresh parsley
- 30 ml (2 tbsp) cornmeal
- 250 ml (1 cup) all-purpose flour
- 3 ml (3/4 tsp) baking powder
- 3 ml (3/4 tsp) salt
- 2 ml (1/2 tsp) pepper

powder, salt and black pepper. Working in batches, drop mixture by the spoonful into hot oil. Turn as needed until golden brown and, 4 minutes. Transfer to paper towels to drain oil.

- 4 Serve fritters with the prepared mayo.

THE ASSOCIATED PRESS/
ALISON LADMAN

Stuffed Tomatoes

Preparation:

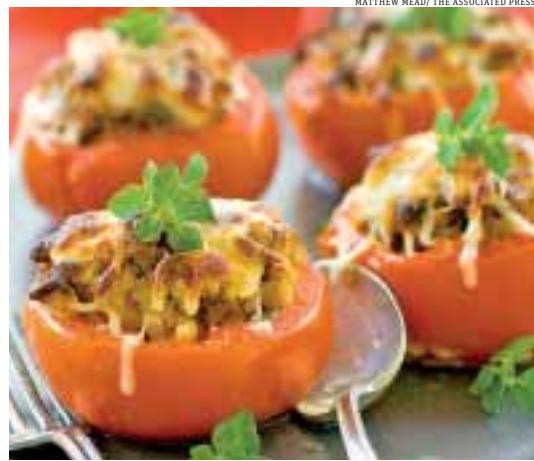
- 1 Heat oven to 200 C (400 F). Coat a 23-by-33-cm (9-by-13-inch) baking dish with cooking spray.
- 2 Slice top off each tomato. Use a spoon to carefully scoop out innards of each. Arrange tomatoes in prepared baking dish. Set aside.
- 3 In skillet over medium heat, cook sausage until browned, about 5 minutes. Add butter, onion, celery and garlic, then

cook until onion is soft and beginning to brown. Add rosemary, oregano and bread and cook for 2 minutes.

- 4 Stir in broth and season with salt and black pepper. Scoop filling into hollowed-out tomatoes. Bake for 20 minutes or until tomatoes are softened and the top of the stuffing is toasted. Sprinkle with cheese and cook for another 5 minutes or until cheese is melted and starting to brown. THE ASSOCIATED PRESS/ ALISON LADMAN

Ingredients:

- 4 large tomatoes
- 125 g (4 oz) sausage meat
- 30 ml (2 tbsp) butter
- 1 small onion, diced
- 1 stalk celery, diced
- 1 clove garlic, minced
- 15 ml (1 tbsp) each minced fresh rosemary and oregano
- 375 ml (1 1/2 cups) torn stale bread
- 150 ml (2/3 cup) chicken broth
- Salt and ground black pepper, to taste
- 250 ml (1 cup) shredded mozzarella cheese



Meat meets its wine match



PETER ROCKWELL

LIQUIDASSETS@EASTLINK.CA

TWITTER: @THEREALWINEGUY

If I learned one thing during my travels in South America, it was that the Argentines love their barbecue.

They call it asado and in the wineries (especially those throughout its primary grape-growing region of Mendoza), the red wines have been crafted to match the charred influences of meats fresh from the fire.

Though cabernet sauvignon and merlot are widely planted, grapes like bonarda (which offers balanced ripe fruit) and tannat (a grape that owes its name to its tannic profile) are almost exclusively Argentinean.

Then there's malbec. Originally from France's Bordeaux region, its juice has become Argentina's hallmark. With up-front fruit and a spicy personality that can go from light and simple to a major bite of freshly ground pepper, malbec is a perfect match for grilled meats.

Catena Zapata's 2010 Alamos Malbec (\$13.95 - \$14.99) is a gusty mash of the heavier end of the spice trail. With a mouth coating flow of deep, dark fruit, it's one of the best red wine values on the shelf.

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Serena throws wrench in U.S. Open

The biggest question heading into the U.S. Open draw was: Which highly seeded woman could be stuck facing Serena Williams in the third round? The answer: No. 4 Victoria Azarenka of Belarus.

"Poor, poor, poor Victoria Azarenka," seven-time major champion John McEnroe said at Thursday's draw ceremony in Flushing

Meadows.

Azarenka was a Wimbledon semifinalist in July, as was No. 22 Sabine Lisicki of Germany, who could play Williams' older sister Venus in the second round.

Serena Williams is a three-time U.S. Open champion who leads all active women with 13 Grand Slam titles. Venus Williams is a two-time winner in

New York and owns a total of seven major singles trophies.

The Grand Slam tournament starts Monday.

After missing nearly a year of action with health problems, Serena Williams returned to the tour in June and won two of her four tournaments. She is seeded 28th for the U.S. Open.

Venus Williams, meanwhile, is ranked 36th and unseeded.

Looking at the latter stages of the men's field, No. 1 seed Novak Djokovic and Roger Federer were drawn to possibly meet in one semifinal, while defending champion Rafael Nadal and Andy Murray could meet in the other.

THE ASSOCIATED PRESS



"He's doing really well this year. It's tough to be there every week, and he's doing that."

RAFAEL NADAL ON NOVAK DJOKOVIC



Quoted



Richdale strong to start Open

► B.C. golfer challenges leaders at Round 1 of Canadian Women's Open

Samantha Richdale was among select company after the opening round of the CN Canadian Women's Open.

The second-year LPGA player from Kelowna, B.C., fired a career-best 6-under 66 to sit alone in third place, one stroke behind co-leaders Ai Miyazato and Perriitta Lindberg in excellent afternoon scoring conditions Thursday at the Hillsdale Golf Club in Mirabel, Que.

"Just over a month ago I went to see (coach) Dave Stockton to work on my putting and today, my caddie (Tom Konopacki) and I just read some really good and I made them," the 27-year-old Richdale said.

"It's special. I had my brother (Josh) in the crowd, which was really nice. We had great weather in the afternoon and it's a nice ending to the day."

Richdale had made the cut in only two of seven events this year and her

"It's a long way to Sunday, and I've just got to be patient like I was today."

CANADIAN OPEN DEFENDING CHAMPION MICHELLE WIE

best round was a 70 in March when she finished tied for 19th at the LPGA Founders Cup.

Richdale started the week strong as part of the winning group with 1973 Canadian Open champ Jocelyne Bourassa in the pro-am tournament on Monday.

The five-time winner in lower-tier events will start the second round Friday in an unfamiliar spot near the top of an LPGA leaderboard.

Five-players were tied for fourth at 5-under 67, including defending champion Michelle Wie, Angela Stanford, Jenny Shin, Song-Hee Kim and Mi Hyun Kim.

There were nine tied at 4-under 66. THE CANADIAN PRESS



► Samantha Richdale lines up a putt on the 8th hole on Thursday.

Otelul Galati.

Bayern Munich got a tough draw with Villarreal, Manchester City and Napoli — all teams from Europe's four highest ranked leagues. Real Madrid, faces Lyon, Ajax and Dinamo Zagreb. THE ASSOCIATED PRESS

Champions League to open with a bang

Champions League winner Barcelona will begin its title defence with a match at home to AC Milan, before the powers play two unheralded teams in a group drawn on Thursday.

Four-time winner Barcelona hosts the seven-

Sports in brief

NBA sets up meeting with players

NBA. People with knowledge of plans say the NBA and players' association will meet next week, fitting in a bargaining session before Labour Day

weekend.
THE ASSOCIATED PRESS

Woods added to Presidents Cup team

GOLF. Fred Couples told Tiger Woods Thursday that he will be on the 12-member Presidents Cup team. The co-captain Couples said Thursday, that it's already a done deal. THE ASSOCIATED PRESS

"You're not going to see it again, probably. You can't explain it."

YANKEES SHORTSTOP DEREK JETER, WHO BATTED A WHOPPING FOUR TIMES WITH THE BASES LOADED YESTERDAY AND DROVE IN ONE RUN.

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Crossword

Across

1 Scale member
4 Priceless?
8 Egyptian bird
12 Longoria or Mendes
13 Tear apart
14 Zilch
15 Common thirst quencher
17 London gallery
18 Libertine
19 "Hammerin' Hank"
20 Musical combo?
22 Returned
24 "... oh, where can —?"
25 Lake Wobegon churchgoer
29 Anger
30 Bottled spirit?
31 Citric quaff
32 Not concrete
34 Unwanted email
35 Hurry
36 — Beach, Calif.
37 Small firecracker
40 Jedi enemy
41 Emanation
42 Online aid for drivers
46 Circle
47 Birthright barterer
48 — out a living
49 Church section
50 Take on
51 Dead heat

Down

1 Prepared
2 Eggs
3 Blankets for passengers



Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A positive attitude will yield positive results today and this weekend.

♉ Taurus April 21-May 21 You may not want to make a difficult decision but you'll find you have no choice in the matter.

♊ Gemini May 22-June 21 Visit places you have not seen in a while. Let your old friends know you exist. Don't stay in one place.

♋ Cancer June 22-July 22 If you need assistance with a business issue or money matter, now is the time to ask. People will gladly help.

♌ Leo July 23-Aug. 23 Today, you won't be short of ideas and you won't be short of words.

♍ Virgo Aug. 24-Sept. 22 Don't agree to something just because you cannot be bothered to argue about it. Learn to say "no".

♎ Libra Sept. 23-Oct. 23 It's time to make serious changes — the kind that transform your existence.

♏ Scorpio Oct. 24-Nov. 22 Take note of any new ideas that arise in your mind today because they could be your key to fame and fortune. And make sure you act fast.

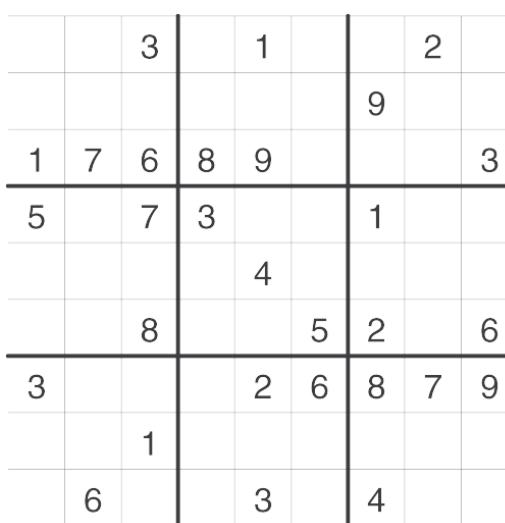
♐ Sagittarius Nov. 23-Dec. 21 Rarely will there be a better time to prove your worth to the powers that be.

♑ Capricorn Dec. 22-Jan. 20 Don't back down today. If you give an inch now, you will be expected to give just about everything later.

♒ Aquarius Jan. 21-Feb. 18 You will find yourself attracted to someone whose views and opinions you don't really agree with.

♓ Pisces Feb. 19-March 20 Use your charm today to get others to do stuff for you. **SALLY BROMPTON**

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Mitchel, I love you so much! I get to see you tomorrow and I am so happy. It's been over 3 weeks. I don't know what to do with myself when you are gone. love always CHRISTY

Olga, You are my best friend, I want to give you chocolates called "BACI" Do you know what baci means? I also want to give you a KIWI, you are always in my mind, every minute of every day. I am also YOUR best friend. 250%

c, Hon, don't know what to do without you. I am going crazy. Can't live without you my love. Tell me what to do pl. s

April G. Happy One Year Anniversary!! This has been the best year of my life and even though things haven't been easy for us lately, we'll still come out on top, I promise. LOVE GABE



BELA SZANDELSKY/ THE ASSOCIATED PRESS

Caption contest



"AHHH nothing better than Canadian water — except Canadian beer!!"
NANCY

KROSTY WIGGLESWORTH/ THE ASSOCIATED PRESS



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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